

## *Medicine Science In Sports Exercise Journal*

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Their participants completed exercise training 3 d·wk<sup>-1</sup> for 12 wk with exercise intensity prescribed based on either heart rate reserve (standardized group) or ventilatory threshold (individualized group). In the individualized group, the CRF training responsiveness was 100% versus only 60% in the standardized group.

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Sports medicine specialists also work with non-professional athletes and those participating in various recreational activities, for example children involved in youth sports or older adults training for foot races. Exercise Science is the study of movement and the associated functional responses

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### **Careers Sports Medicine and Exercise Science**

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It is the position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine that physical activity, athletic performance, and recovery from exercise are enhanced by optimal nutrition.

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